

Boston's Age Strong Commission

Weekly Digest

March 21 - March 27, 2022

Information & opportunities for Boston's older adults

Boston's Age Strong Commission announces the Creating Connections and Reducing Isolation Grant



CREATING CONNECTIONS & REDUCING ISOLATION GRANT

Stronger social connections & networks can boost a person's lifespan by 50 percent!

Applications due: **Thursday, April 7, 2022**
Online information session: **March 22, 2022, 11am**
boston.gov/agestrong

AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu

Boston's Age Strong Commission seeks grant applications from organizations and individuals who are working to build social connections and community for Boston's older adults. Grants will range from \$5,000 to \$25,000. To learn more about this grant, visit boston.gov/news/creating-connections-and-reducing-social-isolation-grant-announced

WEEKLY DIGEST
Table of Contents

[Creating Connections and Reducing Isolation Grant](#)

[Events March 21- March 27](#)

[Senior Circuit Breaker Tax Credit](#)

[Volunteer Opportunities](#)

[Women's History Month Booklist](#)

Stay Connected to Age Strong:

City Hall, Room 271
1 City Hall Square
Boston, MA 02201
617-635-4366

agestrong@boston.gov
boston.gov/agestrong



@AgeStrongBos

AGE+

City of Boston
Age Strong
Commission



MONDAY, MARCH 21

9am

Age Strong Virtual Chair Yoga

No registration necessary

Click [here](#) for more information.

11:30am

Age Strong Virtual Meditation

No registration necessary

Click [here](#) for more information.

5pm

Parks: Virtual Fitness: Dance Fit

Click [here](#) to register & for more information.

TUESDAY, MARCH 22

10:30am

A Quilting Circle

BPL: Codman Square

690 Washington Street, Dorchester

Click [here](#) to register & for more information..

11am-1pm

Knit/Crochet Circle

Boston Public Library: Roslindale Branch

4246 Washington Street, Roslindale

Click [here](#) for more information.

11am

Groundbreaking Ceremony: Malcolm X Park

131 Dale Street, Roxbury

Click [here](#) for more information.

11:30am-12:30pm

Age Strong Virtual Latin Dance

No registration necessary

Click [here](#) for more information.

12noon-2pm

Office of Housing Stability: Walk-in Hours

Click [here](#) for more information.

6:30pm

Parks: Virtual Fitness: Afrobeats Dance

Click [here](#) to register & for more information.

WEDNESDAY, MARCH 23

10:30am

BPL: Older Adults' Chair Yoga

Boston Public Library: West End Branch

151 Cambridge Street, West End

Click [here](#) to register & for more information.

11am

Parks: Virtual Fitness: Chair Yoga

Click [here](#) to register & for more information.

11:30am

Age Strong Virtual Yoga

No registration necessary

Click [here](#) for more information.

3pm

BPL Virtual: Shelf Service Live:

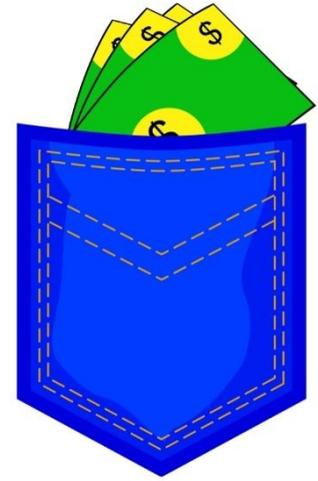
Recommendations from BPL Librarians

Click [here](#) to register for more information.

Senior Circuit Breaker Tax Credit

Put up to \$1,170 in YOUR pocket!

The Massachusetts "Circuit Breaker" tax credit provides tax relief for low to moderate income older adults age 65+. This tax credit is available for renters & homeowners. Additionally, residents may apply for this income tax credit even if they owe no income taxes.



Basic Requirements for Eligibility:

- Must be a Massachusetts resident or part-year resident
- Must be age 65 or older by January 1, 2022
- Must own or rent residential property in Massachusetts and occupy it as your primary residence
- For tax year 2021, your total Massachusetts income doesn't exceed:
 - \$62,000 for a single individual who is not the head of a household
 - \$78,000 for a head of household
 - \$93,000 for married couples filing a joint return
- Homeowners can qualify if their property taxes & half of the water & sewer bills are more than 10% of their annual gross income
- Renters can qualify if 25% of their rent is over 10% of their total income for the year

You are Ineligible for this Tax Credit if:

- You are married & your status is married, but filing separately
- You are a dependent of another taxpayer
- You receive a federal or state rent subsidy or you rent from a tax-exempt entity
- For tax year 2021, the assessed value of your principal residence exceeds \$884,000

**Contact the MA Department of Revenue for more information at:
617-887-6367**

AGE+



City of Boston
Age Strong Commission
Mayor Michelle Wu

**DID YOU KNOW YOU COULD
SAVE UP TO \$1,500
ON YOUR PROPERTY TAXES?**



JOIN AGE STRONG'S PROPERTY TAX WORK-OFF PROGRAM

*Our mission is to enhance the lives of
Boston's older adults with meaningful
programs and resources.*

ABOUT PTWOP

- Qualified older homeowners could volunteer up to 106 hours for the City of Boston, in exchange for a property tax abatement of up to \$1,500 per fiscal year.

REQUIREMENTS

- Age 60+
- Gross income:
\$40,000 or less if single
\$55,000 or less if married
- You must own & occupy property 3+ years & occupy property as a primary residence.

HOW IT WORKS



Step 1

Submit your application with all supporting documents by July 1, 2022.



Step 2

If approved, we'll match you with a volunteering opportunity.



Step 3

When you complete the hours, you'll receive a property tax abatement.

AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu

617-635-5741
lisa.martins@boston.gov

4-7pm**BPL: Free Tax Preparation (Drop-Off Remote Only)**Click [here](#) to register & for more information.**THURSDAY, MARCH 24**1pm**BPL Virtual: Lunchtime****Science Fiction/Fantasy Short Story Club**Click [here](#) to register & for more information.2:30-5:30pm**The Dudley Winter Market**

11 Brook Avenue, Roxbury

Click [here](#) for more information.2pm**BPL Virtual: Chair Yoga for Older Adults**Click [here](#) to register & for more information.6:30pm**Parks: Virtual Fitness: Zumba**Click [here](#) to register & for more information.7:30pm**Celebrity Series of Boston****Digital Concert: Regie Gibson & Atlas Soul**Click [here](#) to register & for more information.**FRIDAY, MARCH 25**10am-12noon**BPL Virtual: Drop-in Office Hours: Legal Services Center**Click [here](#) to register & for more information.11:30am**Age Strong Virtual Zumba**

No registration necessary

Click [here](#) for more information.12:30pm**Parks: Virtual Fitness: Chair Meditation**Click [here](#) to register & for more information.**SATURDAY, MARCH 26**9am**Parks: Virtual Fitness: Strength Training**Click [here](#) to register & for more information.10am-1pm**Citizenship Day**

Regie Lewis Center

1350 Tremont Street, Roxbury

Click [here](#) for more information.10am-1pm**Dorchester Winters Farmers Market**

6 Norfolk Street, Dorchester

Click [here](#) for more information.10am-2pm**Pop-Up Market**

BPL, Codman Square Branch

690 Washington Street, Dorchester

Click [here](#) for more information.**SUNDAY, MARCH 27**12noon-3pm**Roslindale Farmers Market**

19 Corinth Street, Roslindale

Click [here](#) for more information.

BECOME AN AMERICORPS RSVP VOLUNTEER



Let's Help Boston's Older Adults
Get Access to Food

Make Local Deliveries or Volunteer at a Local Pantry

- Must be 55+
- Pass a CORI check
- Have a valid driver's license & reliable vehicle
- Flexible schedule



To Register, Call:

Monique Carvalho at 617-635-4374

AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu



AmeriCorps

GIVE BACK

As an AmeriCorps
Volunteer Tax Preparer!!!

Help older adults maximize
their state and federal refunds.



- Help provide **no-cost tax preparation** services for income-eligible residents.
- Free training to become an RSVP Tax Preparer.



No tax preparation experience required!



- Must Be 55+
- Complete a CORI check

For more information, contact
Monique Carvalho 617-635-4374
Monique.Carvalho@Boston.gov

AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu



AmeriCorps
Seniors

ARE YOU HAVING A TOUGH TIME PAYING YOUR MORTGAGE? WE CAN HELP.



The Boston Home Center offers
Foreclosure Prevention and
Intervention Counseling and
Home Preservation Services.

Our services are free and confidential.

CALL 617-635-4663 OR EMAIL
HOMECENTER@BOSTON.GOV
FOR ASSISTANCE.

HEY, BOSTON, COME ON BACK!
TAX SITES ARE OPEN & SAFE. CALL FIRST



FREE TAX SERVICES



Over **180,000** taxpayers served
Over **\$320 million** dollars returned
directly to taxpayers' pockets

**Maximize your refund; get all the credits available to you,
even if you have no income**

Advanced Child Tax Credit, Stimulus Payments, EITC, Healthcare credits

Save for Emergencies and Plan for the Future

Open a Bank Account, Purchase a Savings Bond, Fix and build your credit

Residents welcome even if undocumented

Apply for an ITIN or file your taxes with a current ITIN,
bilingual tax prep available

BostonTaxHelp.org | 617.635.4500



fb.com/BostonTaxHelp
@BosTaxHelp
@BostonTaxHelp



SIGN UP FOR ALERT-BOSTON!

In 4 simple steps:

- 1 Enter your Email or Phone number
- 2 Select how you would like to be Alerted
- 3 Enter your First and Last Name
- 4 Enter your Zip Code & Select a Language



City of Boston
Emergency Management

Sign up at boston.gov/alert-boston

Walk Up

Free COVID-19 Testing

Bruce C. Bolling Building
2300 Washington Street
Roxbury, MA 02119

Tuesdays - Saturdays
12 p.m. - 8 p.m.



OTHER TESTING SITES AVAILABLE HERE: BOSTON.GOV

Call the Mayor's Health Line at 617-534-5050
for more information

ALL ABOARD

Starting Tuesday,
March 1, the 23, 28 and
29 MBTA buses will be
fare-free for two years.

OFFICE of MAYOR WU



Hearing Loss?

Will you hear your smoke alarm?

The Boston Fire Department will install a free bed shaker alarm with smoke and CO detectors to ensure you will be able to respond in the event of an emergency. For installation and additional information please call 617-343-3337 or email michelle.mccourt@boston.gov



Here is how the HLAC works:

Ordinary T-3 smoke alarm

Patented Lifetone™ technology constantly listens for your smoke alarm

Bright orange screen flashes "FIRE"



Powerful pulsating bed shaker vibrates

The LOUD low-frequency 520 Hz T-3 alarm sounds
A baritone voice says "FIRE! GET OUT!"

Am I eligible for a COVID-19 booster shot?

Who?

Individuals **12+** who are fully vaccinated*

*Individuals age 12-17 can only get the Pfizer booster



When?

- At least 6 months after Moderna
- At least 5 months after Pfizer
- At least 2 months after Johnson & Johnson

Which booster shot do I get?

- You may have a preference, but you can get any type of vaccine for your booster shot



More information at mass.gov/COVID19booster



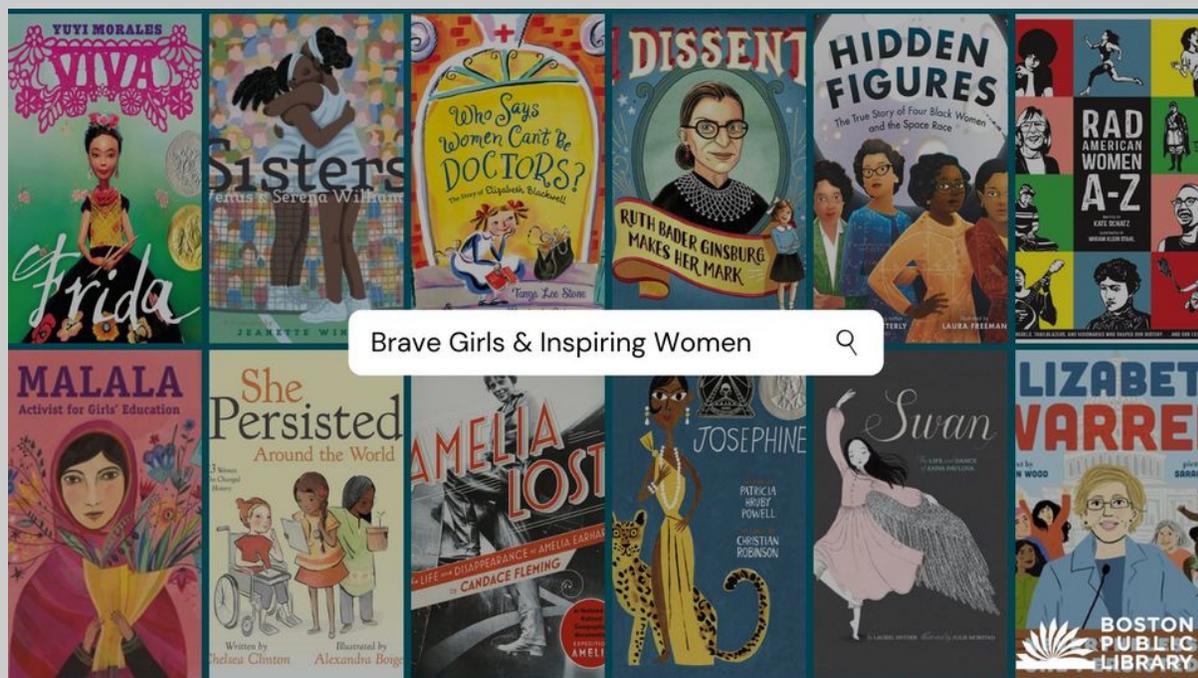
City of Boston
Immigrant Advancement

FREE IMMIGRATION CONSULTATIONS

Ask a lawyer for advice

immigrantadvancement@boston.gov

617-635-2980

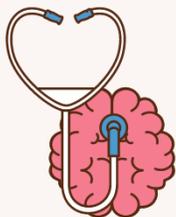


Celebrate Women's History Month with a book about brave girls and inspiring women from the Boston Public Library. Check out the Women's History booklist here: bit.ly/BPLWomensHistory



MASSACHUSETTS
Alzheimer's Disease
Research Center

BOOST YOUR BRAIN



WHAT'S GOOD FOR THE HEART IS GOOD FOR THE BRAIN



The Massachusetts Alzheimer's Disease Research Center (MADRC) encourages you to make brain health a priority in 2022 and beyond!

Studies show that heart-healthy behaviors can lower your risk for developing dementia. To learn how Diet, Exercise, Sleep and Social & Mental Activity contribute to brain health, scan the codes below.

DIET



EXERCISE



SLEEP



SOCIAL & MENTAL



LEARN

For more information about brain health, visit:

www.madrc.org/brain-health/

COVID-19 Vaccine in Boston

The COVID-19 vaccine is an important and effective tool to keep ourselves and our communities safe. Along with wearing masks, social distancing, and frequent handwashing, the vaccine will help us end the COVID-19 pandemic. Click [here](#) for more information.

Need help booking an appointment?

Older Boston residents that are interested in the COVID vaccine and who need help with online registration or transportation should contact the Age Strong Commission at 617-635-4366 for vaccine assistance.

